



U.S. Logistics Support Vessel-2, the CW3 Harold C. Clinger, crewed by 30 Army mariners, returns to Joint Base Pearl Harbor- Hickam, Oct. 22, from a 139-day voyage across the Pacific where it supported Pacific Pathways.

Trans-Pacific voyage completes Pacific Pathways



The crew from the U.S. Logistics Support Vessel-2, the CW3 Harold C. Clinger, is greeted by Gen. Vincent Brooks, U.S. Army-Pacific commander, Maj. Gen. Edward Dorman III and Command Sgt. Maj. Gregory Binford, the 8th TSC commander and senior enlisted adviser, as they return.

Story and photos by
SGT. 1ST CLASS NICOLE HOWELL
8th Theater Sustainment Command Public Affairs

JOINT BASE PEARL HARBOR-HICKAM — Logistic Support Vessel-2, the U.S. Army Vessel CW3 Harold C. Clinger, returned here, Oct. 22, after completing the first Army-watercraft trans-Pacific voyage in support of the Pacific Pathways concept.

Pacific Pathways 15.2 involves joining multinational partners for a three-part series of military exercises intended to increase readiness across the region through additional training and strengthened partner-force relationships.

Crew members aboard the vessel were greeted by fellow military service members, family, friends and some surprises.

"It feels amazing to be back home with my family," said Spc. Jaren Littles, a seaman, also known as a deckhand aboard Clinger. "My wife, I love her, is five-months pregnant, and I am so happy. I was so excited to see the big belly! I had to rub the belly."

The vessel, crewed by 29 Army mariners from the 605th Transportation Detachment, 8th Theater Sustainment Command, supported the third iteration of the Pacific-directed concept by traveling 18,000 nautical miles for eight port calls at six different ports across three different host nations: Australia, Indonesia and Malaysia - in 139 days.

"Our Army mariners are best in the business," said Maj. Gen. Edward Dorman III, the 8th TSC commanding general. "They are self-contained, and they are able to go out for 139 days, self-sustaining. Our Army watercraft operates in the littorals in support of operational movement and maneuvers and provides the sustainment of ground forces and joint counterparts."

More than 7,000 square-feet of military equipment transported by this vessel was critical for exercise support of joint forces and host nations' militaries during Talisman Sabre 15 in Australia, Garuda Shield 15 in Indonesia and Keris Strike 15 in Malaysia.

"With our ability to travel great distances to facilitate ship-to-ship exchange and ship-to-shore, as well as move into the waterways that are contested often and often have shallow draft, they are able to go in there and work with other countries' navies," said Dorman. "They are building partner-nation capacity, which allows them the ability to operate in a complex world."

The crew used its time out to sea as a way to conduct inspections and test the crew's preparedness and reaction time during battle drills.

"Our Army mariners are here to stay and Pacific Pathways is here to stay because we see the tremendous benefit, not just for the Army, but for the joint force," said Dorman. "It allows us to rehearse how we carry out operations, regardless of the type of operation. It builds relationships with various countries and interagency and multinational partners and builds on the readiness required to execute the Army operation concept."



Family members wait along the pier as the U.S. Logistics Support Vessel-2, CW3 Harold C. Clinger, crewed by 30 Army mariners, returns to Joint Base Pearl Harbor-Hickam.



The U.S. Logistics Support Vessel-2, the CW3 Harold C. Clinger, crewed by 30 Army mariners, returns to Joint Base Pearl Harbor-Hickam.

Ready, resilient engineers compete for 'Best Squad'

Story and photo by
1ST LT. ANGELA SMITH
130th Engineer Brigade
8th Theater Sustainment Command

SCHOFIELD BARRACKS — As the squads moved from station-to-station, they accumulated points based on their ability to proficiently complete the tasks ahead of them.

Soldiers battled not only a demanding scoring system, but also muddy terrain and rainy weather, heavy ruck sacks and increasing fatigue while displaying their tactical expertise during the 84th Engineer Battalion's Best Squad Competition.

This event challenged 30 squads to a five-day graded competition, testing them on their ability to be agile and adaptive while performing basic Soldier skills, such as reacting to a chemical environment, establishing defensive positions, navigating across terrain, establishing and maintaining communications, assembling and utilizing weapon systems, and more.

These events were designed to help evaluate the unit's readiness to operate in a tactical environment while providing leadership training to Soldiers, which allowed

See Squad A-4

Army helps protect North Shore

CHRISTINE CABALO
Contributing Writer

The U.S. Army is flexing its financial muscles to ensure undeveloped lands on the North Shore coastline remain untouched for future generations.

A total of \$2.5 million from the Army Compatible Use Buffer Program (ACUB) helped purchase the land in its natural state.

Other agencies, including the City and County of Honolulu and the State of Hawaii, contributed to the \$45 million needed to buy more than 600 acres of land surrounding Turtle Bay Resort.

"For the Army, these kinds of partnerships are a necessity," said Col. Richard Fromm, commander, U.S. Army Garrison-Hawaii, after the purchase became official Oct. 26. "We have to preserve our Soldiers' ability to train, and ACUB projects allow us to do that in a way that benefits the community and the military."

The undeveloped land is located near the Army's Kahuku Training Area (KTA), which qualified it for buffer program funds. KTA is the Army's largest training area on Oahu and is used by all of the military services for various ground and aviation training.

The now-preserved strip of land stretches more than four miles from Kawela Bay to Kahuku Point. Movie and TV lovers may recognize the parts of the area from the hit series "Lost" or as the "Hunger Games'" deadly clockwork arena featured in "Catching Fire."

This is the Army's sixth successful ACUB effort in Hawaii. Working with the Trust for Public Lands, the Army has contributed more than \$17.3 million to preserve more than 12,600 acres of Oahu.

Other areas on the island that benefit from the program include the Waianae Mountain Range and the Kamana Nui and Kamana Iki valleys in the

See ACUB A-4



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Commander, U.S. Army Garrison-Hawaii
Col. Richard A. Fromm
Garrison Command Sergeant Major
CSM Louis C. Felicioni
Director, Public Affairs
Dennis C. Drake
656-3154
Chief, Internal Communication
Aiko Rose Brum, 656-3155

editor@hawaiiarmyweekly.com

News Editor
John Reese 656-3488
news@hawaiiarmyweekly.com

Pau Hana Editor
Jack Wiers 656-3157
community@hawaiiarmyweekly.com

Staff Writers and Photo Editors
Doris Pangelinan and Christine Cabalo 656-3150

reporter@hawaiiarmyweekly.com

Layout
Daniel P. Pereira

Advertising: 529-4700
Classifieds: 521-9111

Address:
Public Affairs Office
745 Wright Ave., WAAF Building 107, 2nd Floor
Schofield Barracks, HI 96857-5000

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Contributing Commands
U.S. Army-Pacific
Russell Dodson, 438-2662

25th Infantry Division
MAJ Shea Asis
655-6343

2nd Stryker Brigade Combat Team
CPT Rich Barker 655-0738

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Above, then 1st Lt. Richard Page with his new bride, Janet, give their wedding vows inside the Soldier's Chapel at Schofield Barracks, on Oct. 23, 1965. Six ushers formed an arch when they left the chapel at the end of the ceremony.



Former ‘Raider’ celebrates ‘golden’ wedding

Story and photos by
STAFF SGT. ARMANDO R. LIMON
3rd Brigade Combat Team Public Affairs
25th Infantry Division

SCHOFIELD BARRACKS — Richard and Janet Page walked inside the Soldiers Chapel, Oct. 23, to renew their wedding vows and saw how little it had changed in the last 50 years since they had had their wedding, here.

Richard, now long retired from the Army as a lieutenant colonel, was a young 25-year-old first lieutenant assigned as a liaison officer to the operations section (S-3) with the 3rd Squadron, 4th Cavalry Regiment, when he had married Janet.

The Pages had expressed their long desire to return to the Soldiers Chapel to renew their vows on their golden wedding anniversary.

“Well, we always said we could come back for our 50th,” Richard said. “We’ve been talking about doing this for a long, long time.”

Janet had never doubted her relationship with her loving husband, but only one concern made her worried about making it to this wonderful day.

“We were hoping to make it 50 years,” she said, “not marriage until 50 years, but we made it to our 50th. It is so precious to be able to do this.”

As the beautiful morning sun rose in the sky, Richard recounted their wedding day in 1965.

“It was a 7 o’clock Saturday evening wedding,” he began. “My folks were here from Massachusetts. Jan’s folks couldn’t make it, unfortunately.”

He paused to joke that he hadn’t met his in-laws for 18 months while stationed here.

“The squadron chaplain officiated at the wedding,” he said. “We had six ushers. In those days it was whites.”

In a bygone era of the Army, officers based in Hawaii wore white dress uniforms during ceremonies.

“So six ushers in whites with swords formed an arch as we came down the steps of the chapel,” he said.

When the newly wed Pages stepped out of the chapel, Janet was in for a special surprise when she saw an M113 armored personnel carrier from the squadron waiting for them.

“My mouth fell open,” she said. “I had no idea what we were going to do with that. I thought you climbed in from the top. Even though the back was open, but that was the first thought about tanks. Of course, that wasn’t a tank.”

The new bride said she had nary an experience with the military until she met Richard.

“It was unbelievable,” she continued. “All the pageantry that goes along with the military. Of course, that was all new to me because I never had any contact with the military. You know, until I met Dick here,

and met the people here with the squadron, so I was very awestruck.”

The bride and groom were worried about getting their clothing dirty until they saw white sheets covered the entire vehicle.

Richard went on to describe how the M113 came about to be their wedding coach.

“To our surprise, one of the sergeants in the S-3 section that worked with me,” he said, “he and a group of cohorts took in an M113 armored personnel carrier (and) put some extra yellow highlights on it.”

The squadron guidons were festooned on the M113 as they rode in it toward their reception.

“They took a PA set that belonged to the squadron and played Cav. music, and they drove us from there around post a little bit,” he said. “(We) finally ended up at the Officers Club.”

Once at the Officers Club, Richard spoke of a large wedding cake waiting for them with the rest of the officers.

“We had a huge cake; cut that with the saber, of course, because we were in the Cav.,” he said. “So you had to have a saber to cut the cake. I couldn’t tell you whose it was since it was not mine. I borrowed it from somewhere.”

Richard didn’t hesitate adding one more thing before he went to look around the post that had changed

over five decades.

“We’ve had a marvelous 50 years,” he said, “and we will continue to have good times. As long as we possibly can.”



The Pages stand inside an M113 armored personnel carrier after their wedding ceremony at Soldiers Chapel on Oct. 23, 1965. Guidons of the 3rd Squadron, 4th Cavalry Regiment, surrounded the newlywed couple.



Richard and Janet Page listen to Capt. Matthew McCraney, the battalion chaplain for 3rd Sqdn., 4th Cav. Regt., during their vow renewal ceremony inside the Soldiers Chapel, Oct. 23.

FOOTSTEPS in FAITH

‘Salt’ can makes a difference in our lives

CHAPLAIN (CAPT.) CURTIS HULSHIZER
8th Special Troops Battalion
8th Theater Sustainment Command

In ancient times, salt was extremely important. It was used for preserving and flavoring food.

Salt was added to food to help remove the moisture and keep it from spoiling. It was also added to food to enhance the flavor.

This characteristic of preserving and flavoring also applies to the difference you and I can make wherever God has placed us, and it doesn’t matter what rank or position we have.

When the words “you are the light of the world” (Matthew 5:13) were first used, they applied to the common people. The first hearers had to be amazed when they were called the “salt of the earth.” They did not have political influence, important titles or social status. They were simple people who, in God’s



Hulshizer

eyes, had the potential to make a great difference in their society. The same is true today.

How can we be a preservative? In the natural environment, minus the salt, food would spoil. The salt made all the difference.

What difference do we make in our environment? Are things different because we are there?

We can preserve our workplace, home or office by taking a stand against behaviors that degrade our environment. In my own home, my wife and I are doing our best to encourage our kids to speak positively to one another – not an easy task. We can speak out against negative behavior wherever it occurs.

How can we add flavor to our surroundings? A little bit of salt can make all the difference.

Do we bring joy to our surroundings? When was the last time you complimented someone? Does your attitude make for a better environment?

What we say and how we say it can make a huge difference. The expression on our face can also make a difference. Just the other day a person in my office told me I looked stressed. Maybe I was, but it reminded me that others notice how I look.

My challenge is for us to see ourselves as those who can make a difference. Our contribution to our surroundings is not based on our position or title. It comes from our willingness to speak and act against bad behavior and bring a positive influence to our environment.

Lets’ be the salt that preserves and brings flavor to our surroundings.

Voices of Ohana

In support of Halloween,
“What’s your disguise for Halloween?”
By Tripler Army Medical Center Public Affairs

 <p>“Minion” Capt. Malia Childress Command Suite, Tripler</p>	 <p>“Batman” Sgt. Gregory Duque CSM executive NCO aide, Tripler</p>	 <p>“Captain America” Sgt. Christopher LeBaron Nuclear Medicine technician/Radiology, Tripler</p>	 <p>“Unicorn” Christina Opoien Health care administrator, Physical Medicine, Tripler</p>	 <p>“Spartan” Sgt. Jason Riddle Command NCO, Command Suite, Tripler</p>
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LIFE-SAVING HELMET



Photo by Staff Sgt. Armando Limon, 3rd Brigade Combat Team Public Affairs, 25th Infantry Division

SCHOFIELD BARRACKS — Staff Sgt. Joseph McKenzie gives a news interview to KHON prior to getting his helmet back from Program Executive Office (PEO) Soldier.

McKenzie’s interview was about his combat experience in Afghanistan and how his Advanced Combat Helmet (ACH) saved his life in March 2011.

He is assigned to 2nd Battalion, 27th Infantry Regiment, 3rd Brigade Combat Team, 25th Infantry Division.

Read about his experience in next week’s newspaper.

Army ends assessment of proposed local power plant

U.S. ARMY GARRISON HAWAII
Public Affairs

SCHOFIELD BARRACKS — The U.S. Army has finalized its environmental impact statement (EIS) assessing the construction and operation of a 50-megawatt biofuel-capable power generation plant, here.

The Final EIS incorporates the public comments received on the Draft EIS, which was published in April 2015. Only minor factual corrections and edits were made to the text. No substantive changes to the alternatives considered or the findings of the impact analysis were required or made.

Next, the Army will make a final decision on whether to proceed with the project. The Army anticipates issuing a formal Record of Decision in late 2015. If approved, the Army would lease Hawaiian Electric an 8.13-acre parcel of land on which to construct, own, operate and maintain the plant.

The Schofield Generating Station Project would be a secure, inland source of renewable power that

would benefit Oahu residents by supplying power to the island-wide grid during normal operations.

The generating station project would also provide energy security for Schofield Barracks, Wheeler Army Airfield and Field Station Kunia by serving as a backup source of power during power outages. Electricity produced from using renewable biofuels would help the Army and the state achieve renewable energy goals.

The environmental impact statement evaluates the impacts of the proposed action and the no action alternative on land use; airspace use; visual resources; air quality, including climate and greenhouse gasses; noise; traffic and transportation; water resources; geology and soils; biological resources; cultural resources; hazardous and toxic substances; socioeconomics, including environmental justice; and utilities and infrastructure.

Impacts would be less than significant for all resources, and beneficial effects would be expected for some resources.

View Documents

Individuals can view or download the Final EIS at the following website: www.garrison.hawaii.army.mil/schofieldplant.

More information is available in the Notice of Availability published in the Federal Register or online at www.garrison.hawaii.army.mil/schofieldplant.

In consideration of the environment, printed

copies of the Final EIS are available upon request.

Please contact the Department of the Army; Directorate of Public Works, U.S. Army Garrison, Hawaii; ATTN: IMHW-PWE (L. Graham); 947 Wright Ave., Wheeler Army Airfield; Schofield Barracks, HI 96857-5013.

Email sgspcomments@tetrattech.com.



Art courtesy of Hawaiian Electric Company

An artist’s sketch of the proposed 50-megawatt, multi-fuel, biofuel-capable power plant.

Survivor remembers lessons learned from recent shark attack

LT. COL. (DR.) MAZEN I. ABBAS
Chief, Pediatric Gastroenterology
Tripler Army Medical Center

As a triathlete and regular swimmer, it is easy to forget that open water swimming can have unexpected dangers.

Being a member of a swim club has its advantages when it comes to safety. For example, a local Kailua club regularly swims two routes, either around Popoia (flat) island from Kailua Beach or to the Mokulua (Moks) Islands from Lanikai Beach. They always have two kayakers watching the group, ready to respond in case of an emergency.

My Saturday mostly started like previous weekend mornings: a morning swim followed by some other activity, such as biking, hiking or running. However, this morning I chose to not swim with the swim club like I normally do and stayed back to wait for my friend.

We started our swim at 10 a.m., with my friend ahead of me, two hours after the normal swim club start time. The first thing I noticed was a large amount of debris and large fish swimming fast in the water. I really didn’t think about shark safety at that moment.

Shark attacks in the Kailua-Lanikai area do not happen frequently, and I was confident I was safe, especially since I swam the route out to Moks more than a dozen times. We had made it to the Moks in 30 minutes and spent 10 minutes talking to kayakers on the shore who shared some water with us.

On the return swim, my friend was about 50-60 feet ahead of me and to the right. After about 10 minutes in the water, a tiger shark attacked him. He was about 500-600 yards from shore.

The shark grabbed on to both of his legs about 6-10 inches above the ankle and dragged him underwater. He punched the shark multiple times while still being dragged underwater. He was



Abbas

finally able to jam his finger in the shark’s eye, pulling it out, which caused the shark to release him.

He was bleeding and calling for help when two one-man outrigger canoes, one manned by a dad and the other by his son, heard his cry. They responded quickly.

The dad went to my friend and the 13 year-old son came straight to me. He told me to get on his canoe and quickly started paddling to the shore while calling for help.

After about 10-15 minutes, people appeared from their homes and responded to our calls for help. The dad struggled to get my friend to shore. A surfer, who was 100 feet out, made his way in and assisted the dad.

Lessons learned

The lessons learned from this experience are enormous. Although the setting was not a war zone, shark attacks have similar long-term effects that most of our deployed service members go through when they sustain an IED (improvised explosive device) or land mine attack.

The effects include physical and psychological short- and long-term trauma. They include complications of tissue damage, such as bleeding, pain and infection, as well as the experience of post-traumatic stress disorder (PTSD), including nightmares, anxiety, panic attacks, depression and substance abuse.

Most patients have a very long rehabilitation period and require a complete change in their lifestyle.

(Note: Read the rest of this story at www.hawaiiarmyweekly.com.)

Female Bangladesh officers get hands-on at academy



Photo by Staff Sgt. Trammel Garrett, 25th Infantry Division Public Affairs

Bangladesh Capt. Sutapa Khan learns the fine art of self-defense as she hip tosses a female Modern Army Combatives Program instructor. Khan was one of five female officers from the Bangladesh Army who visited the 25th ID’s Lightning Academy to learn more about training capabilities and opportunities for their female Soldiers.

MASTER SGT. PETE MAYES
25th Infantry Division

SCHOFIELD BARRACKS — As Sutapa Khan prepared to rappel down the incline wall at the Lightning Academy’s Air Assault course, her instructor, Staff Sgt. Misty DiChristina, asked her an important question: “Are you left-handed or right-handed?”

DiChristina, who is assigned to the 25th Infantry Division’s Lightning Academy, wanted to ensure that Khan, a captain in the Bangladesh Army, was harnessed in properly before she began her descent down the wall. It wasn’t a far descent either, but it was enough to give Khan and her fellow female Bangladesh officers a taste of the type of training they could envision taking part in.

Khan was one of five soldiers from Bangladesh who visited the academy, Oct. 22, to learn about training opportunities for their female counterparts. The purpose of the visit was to build confidence in the Bangladesh female officer corps, and for them to obtain a better understanding of 25th ID training and female Soldiers’ success and capabilities.

Currently, there are approximately 1,000 female Soldiers in the Bangladesh Army, and approximately 150 of them are nonmedical branches.

The division usually showcases the Lightning Academy and its Jungle Operations Training Course to visitors who want to learn more about training and surviving the jungle experience.

DiChristina said she wanted to

show the Bangladesh female soldiers they are just as capable as the male Soldiers.

“Hopefully, I’m showing them that when we empower people, that they will step up to expectations,” she said.

The officers received a briefing on the capabilities and courses offered at the Lightning Academy, and were interested in the ratio of female to male instructors there. They also received hands-on training on the variety of courses offered, such as the Air Assault Rappel Course, the Modern Army Combatives Program, and Surviving in a Jungle Environment.

They took part in a panel discussion about women in the armed forces with female company grade officers of the 25th ID.

Khan also took part in a combatives demonstration where she effectively tossed a Soldier over her hip.

“Events like these help us to motivate our fellow female Soldiers and get them to understand that they are not just females in the Army, but that they are Soldiers as well,” she said.

Approximately 12 female Soldiers from the division took part in the Pre-Ranger Assessment course conducted at the Lightning Academy, according to Capt. Brandon Essiet, company commander. Although the Soldiers did not get their Ranger tabs, it helped them build their confidence, he said.

“They know how to train out here and they know what to expect for next time,” Essiet said.

(Editor’s note: Mayes is the Public Affairs/Strategic Communications senior NCO for 25th ID’s Information Operations.)

ACUB: Land preserved

CONTINUED FROM A-1

Moanalua neighborhood. “We’re helping keep the countryside undeveloped, which is a double win,” Fromm said. “It’s a good thing for the community because we all can continue to enjoy the green space, and it’s a good thing for the military because it prevents urban development near one of our training ranges.”

Many of Hawaii’s leaders agree. U.S. Senator Mazie K. Hirono joined others in thanking the Army and agencies involved, in a news release from the Hawaii Governor’s Office. Hirono emphasized that the land deal “reinforces the value of public-private partnerships coming together to find meaningful solutions that benefit the community.”

Previous commercial plans for the land included creating luxury hotels and resort residences that neighbors in the area have protested against.

U.S. Senator Brian Schatz said the agreement is a victory for the community that has “fought for so long and so hard to ‘keep the country country.’”

“This agreement ensures the availability of healthy coastline that is home to monk seals, sea turtles, whales and other fish and wildlife unique to our state,” he said. “It also provides community access to the area so that it can be enjoyed for generations.”

Future plans for the area include a 4.9-acre site that will be dedicated as a public park for residents and visitors to enjoy.

More Online

- For more information on ACUB, visit these sites:
- <http://aec.army.mil/Services/Conserve/ArmyCompatibleUseBufferProgram.aspx>.
 - [http://governor.hawaii.gov/newsroom/governors-office-news-release-historic-conservation-agreement-forever-preserves-north-shore-coast line/](http://governor.hawaii.gov/newsroom/governors-office-news-release-historic-conservation-agreement-forever-preserves-north-shore-coast-line/).

Squad: 3rd in 2nd Pltn., 523rd Horiz. Eng. Co. is best - All units battled elements, weather, many tasks to finish -



Courtesy photo

Observers/controllers validate each squad’s tactical proficiency in all events during the 84th Eng. Bn. Best Squad Competition, while ensuring each member performs in a safe manner on Schofield Barracks, Oct. 20.

CONTINUED FROM A-1

them to constantly learn, adapt and build camaraderie amongst their teams.

While all squads put out tremendous effort, the 3rd Squad from 2nd Platoon, 523rd Horizontal Eng. Company, 84th Eng. Bn., 130th Eng. Brigade, 8th Theater Sustainment Command, came out on top.

“We were able to win because we all stayed motivated,” said Spc. Cody Thompson. “We used team cohesion and grew to love each other during some of the difficult phases.”

During the competition, the winning squad provided its secret for success. It assigned a role to each member and that person was responsible for being a subject matter expert on that task.

Members of the squad were Sgt. Brandon Ernest, the squad leader; and Sgt. Mauricio Moran, Sgt. Ethan Williams, Sgt. Vincent Kennedy, Spc. Nelson Goehle, Spc. Jesse Shelley, Spc. Alexandro Jimenez, Spc. Jamel Edwards and Spc. Cody Thompson. All members described the competition as a team building, treacherous and humbling experience.

The event concluded with a ceremony where the winning squad received kudos from its leadership, and each member was awarded an Army Commendation Medal.

“The Soldiers and squad leaders of each team learned a lot from the Best Squad Competition,” said Command Sgt. Maj. Patrick Ganacias, the senior enlisted adviser for the 84th. “Their weaknesses and their strengths were tested during the five-day event. Each squad will use the skills and lessons learned from this event to enhance their squads during future events with the 84th Eng. Bn. and future units.”

(Note: Smith is the unit public affairs representative for 130th Eng. Bde., 8th TSC.)

Troutman gives job seekers support at seminar

Story and photos by
DORIS PANGELINAN
Staff Writer

SCHOFIELD BARRACKS — Soldiers, military spouses and civilians gathered at the Nehelani Conference and Banquet Center, here, Oct. 21, to attend a two-part federal job seminar by Kathryn Troutman, renowned federal resume guru and author of “Federal Resume Guidebook” and “Ten Steps to a Federal Job for Military and Spouses.” Organized by garrison’s Army Community Service (ACS), Directorate of Family and Morale, Welfare and Recreation, here, the seminar’s audience of over 200 also included military career counselors seeking new information to better guide clients in their job searches.

In the first part of the information-packed seminar, Troutman elaborated on the 10-step program she first developed in 2002 to help federal job seekers. She shared several interesting real-life examples from her clients applying for jobs, to ensure attendees did not make similar mistakes.

Participants received lots of valuable tips and referred to pages in the latest edition of the book they received, along with a check sheet for federal resume reviews and other documents.

“Find something that stands out for your first page – your best accomplishment. Get their (Human Resource offices) attention with a good story and list five accomplishments,” advised Troutman.

Troutman said a “self-assessment” questionnaire is part of the USA Jobs federal job application that may be intimidating. However, she said not to deflate a resume because of fears of imprisonment or debarment warning in job listings.


“These words cause a reaction in many job seekers. They go back and reduce their score selection,” Troutman said, “but this has a negative effect on their total job application. The best approach is to give yourself all the credit you can with the questionnaire answers and to verify the information in your resume. You will be safe with your application and get the best score in order to get ‘best qualified’ for the position.”



Troutman

More Online

Kathryn Troutman is president of the Resume Place and creator of the Certified Federal Job Search Trainer program. For more details, visit www.resume-place.com.



Spouse-targeted seminar

During the second half of her seminar, Troutman addressed the spouses seeking federal employment. She highlighted the Priority Placement Program (Program S), which gives military spouses priority over most other applicants in the DOD selection process. It is a way to reduce the impact of frequent relocations on a spouse’s career.

“Program S is the best-kept secret for military spouses, and I am teaching it for the first time,” Troutman said. “It only applies to spouses who

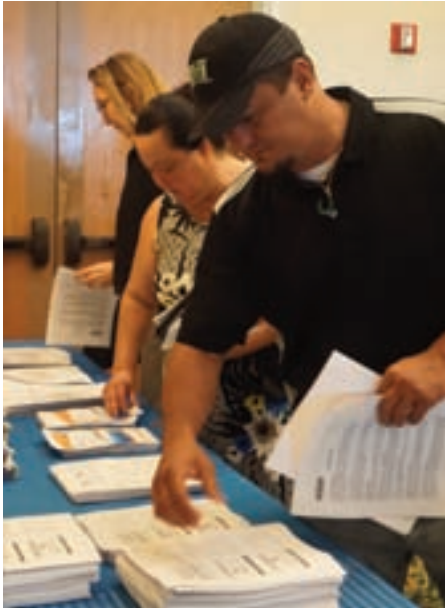
Troutman’s Tips

- Don’t deflate on the resume.
- Specialized experience must be obvious.
- Everyone needs customer service on their resume in the U.S.
- Write all key words in capital letters.
- Store up to five resumes and don’t upload them; use the resume builder.
- Do not put every single job on your resume.
- Name your resume for the job you want, match it to the announcement.
- Have the ACS office review your resume.

For resume reviews, assistance and upcoming workshops, call ACS at 655-4227.

accompany their sponsors at new duty stations.”

For Program S, the careful preparation of a narrative resume is key, as is including multiple skills and accomplishments and option codes.



Audience members take tip sheets about job seeking and flyers for other upcoming professional development seminars during a break from Troutman's talk, held Oct. 21, at the Nehelani, Schofield Barracks. The talk was hosted by the ACS, which has several programs to help with job searches.

Career Fair provides dozens of jobs waiting to be filled

Story and photo by
DORIS PANGELINAN
Staff Writer

SCHOFIELD BARRACKS — It’s easy to find a good job, at least that was the case at the semi-annual Career Fair that took place at the Nehelani, here, Oct. 23.

About 70 employers from local, state, national and international companies and organizations were available at the four-hour long event.

Their tables lined with brochures, pamphlets and listings of dozens of current job openings, the representatives readily greeted a steady stream of 220 job seekers, some of whom came in armed with stacks of resumes. As a bonus, freebies such as mouse pads, pens, notepads, letter openers, etc., were available for the taking.

Although most jobs advertised were based in



Job seekers browse 70 employers at Career Fair.

Oahu, a good number of the openings are located on other islands, the mainland and even worldwide.

The job titles ranged from boat captain to barista, nurse, professor, administrative assistant, plumber, phlebotomist, urban planner and more.

About 50 percent of the attendees were Soldiers, and the other 50 percent consisted of spouses and transitioning veterans. In total, 252 resumes were submitted, 32 interviews were conducted and eight job offers were made.

“The employers were pleased with the quality of the candidates and expect to do further hiring as a result of the Career Fair,” said Caron Ferguson, an Employment Readiness Program manager at Army Community Service, Directorate of Family and Morale, Welfare and Recreation, U.S. Army Garrison-Hawaii.

Upcoming

Organized by ACS, in conjunction with Soldier For Life, the next Career Fair is in April 2016. Call ACS at 655-4227.

Haven’t found a job, yet?

Here are some tips for the next fair:

- Do your homework beforehand. Find out who is hiring people with your skill set.
- Plan your route. Review the layout with locations of companies you want to visit.
- Arrive early. Recruiters are at their best at the start.
- Bring extra copies of you resume, at least a dozen.
- Practice your elevator speech. Have a 30-second pitch about yourself prepared.
- Just say no to giveaways; they can weigh you down.
- Follow up within 48 hours. Send thank-you emails.

Someone is always available for you to talk to

BRENT OTO
Suicide Prevention Program Manager

Football games and the holidays are supposed to be a season of joy – your time with family and friends, and when loved ones come together to celebrate the traditional occasions.

But for some people, stress, loss, loneliness, anxiety, depression and other mental health issues can make getting through the season a tough struggle.

Preventing suicide can be tricky and sometimes hard. However, there are certain risk factors and warning signs that people can look for when they are assessing whether someone may be in danger of harming themselves.

First, look for any changes in behavior or significant change in the person. Second, stay with the person and never leave him or her alone. Third, get the person to see a professional – a doctor, counselor, psychologist or psychiatrist.

There are immediate resources for help, and they are available by calling the Oahu Suicide Crisis line at 832-3100 or by texting 741741. Also, the National Veterans Crisis Line is at 1-800-273-8255 (press 2).

If someone is an immediate danger to themselves or others, law enforcement should be called.

There is help and there is hope and there are people in professions out there that are trained to support people in need of care. Please encourage people to get help and let’s not be the Bystander: Take a Stand and Prevent Suicide!

(Note: Oto works in the Army Substance Abuse Program, Directorate of Human Resources, U.S. Army Garrison-Hawaii.)

Talk to Someone

For more information on suicide prevention, training and resources, contact the Army Suicide Prevention Program at (808) 655-9105.



Photo by Metro Creative Connection

If you know someone will be on their own over the holidays, how about inviting them over to your celebration?



Today

Housing Services — The Housing Services Office on Schofield Barracks will be closed Oct. 30 to move office locations; normal business hours will resume Nov. 2.

Due to reduced manpower, the Housing Services Office on Fort Shafter will be changing its operating hours beginning Nov. 2, from 9 a.m.-12 noon and 1-3 p.m.

31 / Saturday
Halloween — The observance will be celebrated from 6-9 p.m., Oct. 31. The Directorate of Emergency Services will provide increased security presence in the community and hand out chemical-light souvenirs.

The Radiology clinics at Tripler and U.S. Army Health Clinic-Schofield Barracks will be open on Nov. 1 to X-Ray candies.

November 2 / Monday
The Army Benefits Center — The Center will be hosting its 2015 pre-Federal Employee Health Benefits (FEHB) Defense Collaboration Services (DCS), Nov. 2-6.

After completion of this presentation, you will know how to make your own FEHB open season election using the Employee Benefits Information System (EBIS), be familiar with FEHB open season navigation tips in EBIS and on the Office of Personnel Management (OPM) website, and be able to navigate on OPM's website for plan comparisons, provider coverage details and premiums.

The dates and times (Hawaii Time) for presentations follow:

Nov. 2, at 3 a.m. & 9 a.m.
Nov. 3, at 2 a.m. & 8 a.m.
Nov. 4, at 1 a.m. & 7 a.m.
Nov. 5, at 8 a.m. & 7 p.m. (for overseas employees)
Nov. 6, at 4 a.m. & 9 a.m.

How do you enroll for these presentations? Go to CHRTAS (Civilian Human Resources Training application System) at <https://www.atrrs.army.mil/channels/chrtas/student/logon.aspx>.

- Course code is JB8AFEHB.
- Course title is FEHB Open Season 2015.

Remember, when in CHRTAS you must select FY16 School House 0108: CHRA Southwest Region. After you have enrolled in CHRTAS, the presentation link will be provided to you.

9 / Monday
ID Cards — The Schofield Barracks ID card facility will be closed from Nov. 9-13 for office relocation; however, please be advised that almost all DEERS/ID card services are cross-served and can be taken care of at any DEERS location islandwide.

Visit <https://rapids-appointments.dmhc.osd.mil> to schedule an appointment with an alternate location.

The ID card facility will reopen for

regular business on Nov. 16 at 8 a.m.

16 / Monday

AFAP — The Army Family Action Plan Conference will run from 8 a.m. to 12 noon, Nov. 16-17. Soldiers and family members can submit quality of life issues for AFAP to the Garrison website, www.garrison.hawaii.army.mil; simply click the AFAP button.

Also, volunteers and delegates are needed from all demographic groups. Training will begin Nov. 5.

Complete an application at www.himwr.com/getting-involved/army-family-action-plan.

Ongoing

Gift Wrapping — Family readiness groups authorized to operate on U.S. Army Garrison-Hawaii may register to participate in annual holiday gift wrapping fundraisers at the Schofield Exchange through Nov. 2. Send a request to usarmy.wheeler.imcom-pacific.mbx.fundraising@mail.mil.

A random drawing will be held Nov. 4. Fundraising dates are Nov. 27-Dec. 24, from 9 a.m.-8 p.m., daily and Saturday, and Sundays, 10 a.m.-6 p.m. Call 656-0102.



File photo

The Army Family Action Plan Conference will be held Nov. 16-17 at the Nehelani, Schofield Barracks. Currently, delegates are needed. Volunteer no later than Monday. Apply online. See the “News Briefs” above for the address.



November 3 / Tuesday

Cadet Sheridan — There will be a road closure on Cadet Sheridan Road for utility installation from 8:30 a.m. to 3:30 p.m., Nov. 3 to 10.

Cadet Sheridan Road will be completely closed from the north side of Elou Street to the south side of Trimble Road.

A portion of the Trimble right-turn lane onto southbound Cadet Sheridan Road will also be closed.

Saturday and Sunday work will only be done if absolutely necessary, between 9 a.m. to 5 p.m. The contractor will have appropriate signs and barriers for this road closure.

Ongoing

Wilson Road — There will be intermittent road closures at Wilson Road in the vicinity of Bldg. 420, the Post Office and the intersection at Montgomery Drive, Fort Shafter, through Nov. 6, for the installation of a new water main line.

Intermittent road closures will follow from Nov. 9 to Dec. 20, from 7 a.m. to 5:30 p.m., excluding holidays.

During construction, traffic on Warner Road headed towards the PX will be detoured onto Pierce Street between Bldgs. 435 and 438.

Traffic from the PX headed

toward Warner Road will be detoured onto Montgomery Drive. Traffic on Montgomery Drive headed towards the PX parking lot will not be affected.

Long Construction — A partial, modified traffic flow and road closure near Schofield’s Nehelani for utility installation continues.

The area near the loading docks and the parking lot between Bldgs. 2060, 2070 and 2071 are restricted though Dec. 28.

The work will be performed in phases. Parking is limited during closure.

Leilehua Closure — Schofield’s Leilehua Avenue will be closed in phases in order to reconstruct the road.

- Curb repair will take place until Nov. 18.
- Phase 1 of Leilehua between Macomb and Kline/Gordon Lane will be Nov. 19-25.
- Phase 2 between Kline/Gordon Lane and Stoneman Field Road will be Nov. 30 to Dec. 4. There will be no access to the parking of Bldg. 645, Family and Child Care and Garrison Sports Office.
- Phase 3 between McCorrack and the Stoneman Field Road will be Dec. 7-11.
- Phase 1 through 3 closures will be 24 hours a day, seven days a week. The lanes between Leilehua and Waianae Ave that fall within the closed portions of Leilehua will be made two-way for residents only.

On these lanes, there will be no parking in the Leilehua bound side of the road and no parking within 100 feet from Leilehua Avenue.



Maj. Gen. Edward F. Dorman III and Command Sgt. Maj. Gregory Binford, 8th TSC leaders, stand with all awardees in the Volunteer Recognition Ceremony, Oct. 22, at historic Palm Circle, Fort Shafter. The VRC is held to recognize and honor the Soldiers and civilians whose selfless service has helped the Army and Hawaiian community.

8th honors its volunteers

Story and photo by
SGT. JON HEINRICH
8th Theater Sustainment Command Public Affairs

FORT SHAFTER — Throughout the nation, Soldiers and their civilian counterparts volunteer and give selfless service to their country by taking the time out to help others and their communities.

Fourteen volunteers were recognized by the 8th Theater Sustainment Command for their contributions and dedicated selfless service to both the Army and the Hawaiian community, Oct. 22, at historic Palm Circle.

All 14 volunteers were awarded a Certificate of Appreciation for their services.

Combined, these volunteers have performed more than 2,000 hours of selfless service in their respected communities, which includes Youth Sports coaching, Soldiers Against Drunk Driving (SADD), leading family readiness groups, Hawaii Food Bank, Fisher House, Special Olympics Hawaii, maintaining parks in Island Palm Com-

munities and assisting resource centers that aid veterans across the armed forces.

“Those who can, do,” said Maj. Gen. Edward F. Dorman III, commanding general of the 8th TSC. “Those who can do more, well we call them volunteers, because they’re just doing a little bit more.”

Four Soldiers were also honored with the Gold Presidential Volunteer Service Award, which recognizes U.S. citizens for achieving a required number of service hours over a 12-month period based off the person’s age group.

“I often think about what is a volunteer,” Dorman said. “I think most people would agree that being a volunteer has something to do with helping people. Most people believe that there’s something about this life where helping people is important.”

The Volunteer Recognition Ceremony is conducted semiannually in order to recognize outstanding individuals who have contributed significantly as a volunteer.

Gold Presidential Volunteer Service Award
Sgt. Maj. Deia Aubrey, 8th TSC
Sgt. Maj. Gregory Boseman, 8th TSC
Sgt. 1st Class Malcolm Fleming, 8th MPs
1st Sgt. Felipe Pinero, 130th Eng.

130th Eng. Bde. Volunteers
Cpl. Jose Perez
Lily Schlicht
Spc. Timothy Sellers
Spc. Marco Torres
Ruby Valencias

8th Special Troops Bn. Volunteers
1st Sgt. Felipe Pinero
Janelle Randall

8th MP Bde. Volunteers
Sgt. Cameron Domino
Fautino Gaono-Ellerbe
Sgt. 1st Class Janet Lopez
Staff Sgt. Deborah Rupp
1st Sgt. Jamila Smith
Spc. Dominic Valdez
Staff Sgt. Matthew Wilson

FVAP has the details to register to vote in 2016

JOSHUA FORD
Installation Management Command

SAN ANTONIO — The U.S. Constitution mentions numerous rights that America’s forefathers believed every citizen should have.

One of those rights is mentioned in the Constitution more than any other – the right to vote.

According to a 2014 Federal Voting Assistance Program report, many Soldiers and their families aren’t taking advantage of their right to vote. The report showed that military voters and their families lacked a “trigger” to get to the polls and vote, said Madeleine Roberts, voting assistance program manager for U.S. Army Installation Management Command.

Army voting assistance officers at Army installations around the world are launching a kick-off to the 2016 voting season campaign, Nov. 4, much earlier than previous voting seasons, in the hopes of being that “trigger” in time to inspire Army family members to go to the polls.

“It is important for Soldiers to vote because it is one of the freedoms in which they defend,” said Rachel R. Gilman, the Army’s voting action officer at the Army’s Human Resource Command on Fort Knox, Kentucky.

“It’s the job of the Voting Assistance Program to make registration, voting information, materials and assistance readily available to all eligible Army voters,” she said. “We educate eligible voters about the importance of voting and provide every opportunity to register and cast a ballot.”

Visibility of voting assistance resources and communications was listed as a key factor in initial motivation, according to the report. Army voting assistance officers want Soldiers to

get educated on the voting process and make plans to vote in the upcoming presidential election early.

“Some of our population doesn’t have confidence in the system and believe their vote will not count or that they should not take part in the process due to being service members,” Roberts said. “We want to provide awareness and ensure they have the tools to be active participants and educate them on their voting rights as citizens.”

Soldiers are allowed to maintain political affiliation to a party and are allowed to endorse a candidate in a political race, Roberts said. Those are some of the misconceptions voting assistance officers are charged with educating Soldiers and families about.

That education also includes how voting can directly effect Soldiers’ investments to include retirement and medical benefits, Roberts said.

Finally, voting assistance officers will be meeting with commanders at a local level to ensure they understand the importance of allowing their Soldiers the time to register and vote – even if it’s via an absentee ballot.

More Details

For more information about the voting process, contact your unit voting assistance officer or call the Installation Voting Assistance Office at 655-5546.

Visit the IVAO at 673 Ayres Ave, Bldg. 750, Room 116, Soldiers Support Center, Schofield Barracks.

Get more details at
<https://www.fvap.gov/portal/>.



Photo by Dustin Senger

Maj. Ashantas Cornelius, from Macon, Georgia, fills out her absentee ballot while Pfc. Crystal Miller, from Auburn, New York, looks for her city’s mailing address during a voting drive at Camp As Sayliyah, Qatar, Oct. 16.

Hide your trick or treat candy!

Tripler's Da Vinci Surgical Robot (above and right) can utilize its "arms" to perform complicated surgical methods with ease.

This technology is comparable to any larger treatment facility throughout the island or mainland.



DR. OCTOPUS?

Tripler's new surgeon is 'Star Wars' technology now

Story and photos by
JIM GOOSE GUZIOR

Tripler Army Medical Center Public Affairs

HONOLULU — They don't just come out for Halloween; Tripler Army Medical Center's robot surgery section remains on the cutting edge of surgical treatments.

While the center has been using the Da Vinci Robot Surgical System for a number of years, within the last year, the center acquired the latest model of the Da Vinci Surgical System.

This equipment is comparable to what is used in any larger hospital or medical center in the mainland or around the globe.

Versatile tool

This state-of-the-art robotic surgical equipment is used for performing routine and complex surgery. The robotics has allowed surgeons to perform minimally invasive surgery that ultimately translates into quicker recovery time, less scarring in patients and better quality of life.

Unlike traditional surgery, where an operating room staff hovers around the surgery table, during "robotic" surgical procedures, the surgeon sits at a console and looks through a 3-D viewfinder at a high definition image of the patient.

As the surgeon maneuvers the controls, the robot translates the movement of the hand into precise movements of tiny instruments inside the body. Without this equipment, accessing certain body parts can be very difficult.

Lt. Col. Jay Schuster, a Tripler registered nurse and perioperative nursing consultant to the Army surgeon general, works with the robotic equipment daily and has seen the technology evolve through the years.

"This is really a proprietary system that allows for greater enhanced access to areas that human hands can't actually get to, so it has improved articulation and improved perspective



Tripler's Da Vinci Surgical Robot's "arms" perform complicated surgical methods that can reduce the size of most surgical incisions that translate into quicker recovery times.



TAMC perioperative nurse, 1st Lt. Daniel A. Reyna, positions the Da Vinci Robot for an actual surgery. In the background of the operating room, resident doctors, students and interns view the procedures for setting up the system. Currently, two or more surgeries a day are performed with the Da Vinci Robot Surgical System.

that allows for more complicated procedures that would take a longer period of time or require enhanced dissection," Schuster explained. "It is a much more user-friendly system with better articulation that can do far, far, far better than anything the human hand can anatomically do - so 360 on 360, a circle in a circle," he added.

Fine motor skills

With Tripler's focus on quality care for patients, the robot advantage is not for surgeons alone. Just as important, if not more so, are the advantages for patients. The minimally invasive surgery option eliminates the possibility of large scars. In fact, most procedures for patients are performed through just a few small incisions, about 1-2 centimeters in diameter. Most open surgeries would require much longer incisions that translate to longer recovery times.

"Take, for example, a patient with throat cancer. To access the tumor would require a long incision through the jaw and throat, and perhaps even a break in the jawbone, causing possible disfigurement, difficulty eating, speaking and swallowing," said Schuster. "Using the Da Vinci, small area surgery, such as

throat surgery, is much easier to perform. The arms of the Da Vinci allow an entire 360-degree articulation, which your wrist just can't do. After making that entire circle, the Da Vinci can then make another circle ... so a circle in a circle. The human wrist is not capable of making that kind of maneuver," he added.

One of the most important messages to beneficiaries deciding upon surgical care is that you no longer have to look to mainland clinics or go out of Tripler's treatment system for their specialty surgery. Patients can have it all done at TAMC.

"The state-of-the-art technologies that are available to you downtown are also available to you here. We have the latest and the greatest, so if you are a qualifying beneficiary, we can do it here," said Schuster. "We have some of the highest numbers of trained surgeons here, and we span all the services from obstetrics to oncology, ear-nose-throat, general surgery, bariatrics and geriatrics," he added.

The center is performing two or more surgeries a day using the Da Vinci Robot, but more are expected. The center is also a training environment where young residents have an opportunity to learn the technology and use it alongside the physician.

Almost like taking a driver test, the physician can put the brakes on any wrong move a resident may make while learning the technology.

"Twenty years ago, gall bladder and splenectomies were all open procedures. Nowadays, it would be unusual to see an open surgery (at TAMC). It's becoming the new norm," Schuster said.



Dr. John H. Payne, TAMC general surgeon, controls the Da Vinci Robot remotely while viewing the actual surgery in 3-D. A duplicate system is set up in the surgery room to train residents on this technology.



Briefs

Today

Home P.E. — Youth Sports conducts free P.E. classes for military home-school families. Cost is free. Register and include the following information: youth’s name, age/grade, home/cell number and family email address.

Visit www.armyhawaiiyouthsports.com or call 655-6465 (SB) or 836-1923(AMR).

31 / Saturday

Basketball and Cheerleading Registration — Army Youth Sports will accept registration through Oct. 31 for basketball (\$55) and cheerleading (\$55 first time; \$20 returning with uniforms), for keiki born between 1999-2010. Call the YS Registration Office at 833-5393 (AMR, FS) or 655-5314 (SB).

SB Kolekole Bar & Grill — Weekend restaurant services now offered, 11 a.m.-6 p.m., Saturdays, and 6 a.m.-3 p.m., Sundays.

November

1 / Sunday

Sunday Brunch at Hale Ikena — Savor roasted prime rib with a peppercorn and garlic crust along with exquisite dishes with flavors infused from the Pacific Rim, Asia and Hawaii Nouveau, 10 a.m.-1p.m. Groups and large parties welcome.
Reservations are recommended; adults \$24.95 with children’s prices available. Call 438-1974.

2 / Monday

Gift Wrapping Fundraising — Family readiness groups authorized to operate on installations may register to participate in annual holiday gift wrapping fundraisers at the Schofield Exchange through Nov. 2. Send a request to usarmy.wheeler.im-com-pacific.mbx.fundraising@mail.mil.
A random drawing will be held Nov. 4. Fundraising dates are Nov. 27-Dec. 24, from 9 a.m.-8 p.m., daily and Saturdays; from 10 a.m.-6 p.m., Sundays. Call 656-0102.

Mongolian Barbecue — “Create your own stir fry” begins at 5 p.m. on Mondays at the Nehelani. Create delicious, healthy food that you can customize using a variety of meats, poultry,

CAREER DAY



Photos by Sgt. 1st Class Julio Nieves

Sixth-grade students gather around 1st Sgt. Dale Quemado, the 305th Mobile Public Affairs Detachment first sergeant, during a presentation of the Public Affairs military occupational specialty at the Manana Elementary School annual career day, Oct. 22. Students learned about criteria and critical skills required to join Army Public Affairs ranks, and they also tried on some combat gear.



A student watches a video about joining the Army Public Affairs ranks presented by the 305th Mobile Public Affairs Detachment during Manana Elementary School’s annual career day, Oct. 22.

try, seafood, vegetables, sauces and spices. Children’s menu is available. Cost is 65 cents for each ounce. Call 655-4466.

3 / Tuesday

FS Storytime — All preschool age children are welcome at 10 a.m. for reading, dancing and crafts every first and third Tuesday of the month. Call 438-9521.

SKIES Unlimited School of Art — Has your child always wanted to learn to play the guitar, drums or keyboard? SB classes are offered Tuesdays; AMR SKIES Studios classes are 3 p.m., Wednesdays.

Open to CYS Services registered children ages 7-18 at \$55 per month. Call 655-9818.

4 / Wednesday

BOSS Meetings — Hooah! Single Soldiers and geographic bachelors are highly encouraged to attend BOSS meetings every Wednesday of the month to discuss community service projects and fun upcoming programs. Get involved and make a difference.

- North meetings are held at SB Tropics, every 1st and 3rd Wednesday, at 3 p.m.
- South meetings are held at the FS Bowling Center, every 2nd and 4th Wednesday of the month, at 10 a.m.

BOSS is waiting for you, 655-1130.

After School in the SB Library

— Reading stories and craft making begins at 3 p.m. for children aged kindergarten to 5th grade. Call 655-8002.

Dream Catchers at FS Library

— In honor of Native American Heritage month, make a dream catcher, 3:30 p.m. Dream catchers are said to protect sleeping people from bad dreams. Once made, these can be hung above your bed or used as a decoration in your room.
This free project is available while supplies last. Call 438-9521.

Community Calendar

Send announcements a week prior to publication to community@hawaiiarmyweekly.com.

Today

Housing Services — SB office will be closed Oct. 30 while moving office locations. Normal business hours resume on Nov. 2. FS office hours change Nov. 2 to 9 a.m.-noon, and 1-3 p.m.

Russell Peters’ “Almost Famous Tour” — Comedian performs at the Blaisdell Center Concert Hall, 8 p.m., featuring his fast-paced observations that made him a hit on the NBC show “Last Comic Standing” and in the movie “Chef.” Tickets at the NBC box office or at www.ticketmaster.com.

31 / Saturday

KoleKole Walking-Hiking Trail — The trail is closed, Oct. 31-Nov. 1 and Nov. 7-8, due to live-fire training.

Duke Kahanamoku Walking Tour — To mark the 125th anniversary

of the birth of Hawaiian-American swimming legend Duke Kahanamoku, historian Steven Fredrick will host, 11 a.m., “The Duke Kahanamoku Walking Tour,” in Waikiki, on Saturdays through November.
The cost is \$40 (\$30 with military ID). Reservations are required. Call 395-0674.

November

3 / Tuesday

Family Night — Enjoy AMR family gatherings at 5:30 p.m. every Tuesday at the AMR Chapel.
This broad-ranging Christian program features fellowship and Bible study from 6:15-7:30 p.m. Child care is provided. Call AMR Chapel, 839-4319.
Schofield Family Night is held Wednesdays at 5:30 p.m.

5 / Thursday

USAHC-SB — The USA Health Clinic Schofield Barracks will be closed on Nov. 5.

The entire clinic – including the Acute Care Clinic, Radiology, the Phar-

macy, the Lab, Immunization, Family Practice, Pediatrics, Sports Medicine, and Behavioral Health – will be closed to accomplish staff training.
Please check with your specific unit for sick call information. If you experience an emergency during this time, please go to your nearest Emergency Room or call 911.

If you need advice, please call the Nurse Advice Line at 1-800-TRICARE (874-2273), option 1.
Soldier Center Medical Homes (SCMH) will remain open for sick call services and acute care needs through 12 noon, Nov. 5:
•Sustainment Brigade and 2nd Stryker Brigade Combat Team service members may seek care in the 2SBCT SCMH, Bldg. 677, 1st Floor.
•Division Artillery, Headquarters and Headquarters Battalion, and 3rd BCT service members may seek care in the 3BCT SCMH, Bldg. 677, 2nd Floor.
•8th Theater Sust. Command service members may seek care at the 8th TSC SMCH, Bldg. 681, 2nd Floor.
•25th Combat Aviation Bde. service members may seek care per unit services offered on Wheeler Army Airfield. The CAB SCMH will be closed (Bldg. 678, 2nd Floor).
Normal clinic operations will resume, Friday, Nov. 6.

6 / Friday

Golf Tournament — Sponsors, donors and players are sought for the Veterans Association of Real Estate Professionals to participate in the Star & Stripes Golf Tournament, Friday, Nov. 6, at the Ewa Beach Golf Club. Proceeds benefit the housing needs of our veterans and active duty personnel.
Visit www.varep.net/starsandstripes or call 388-5555.

Margaret Cho “Pyscho Tour” — Comedian performs at the Blaisdell Concert Hall, 8 p.m. Ticket information available at the Blaisdell Box Office info line, 768-5252.

7 / Saturday

Leilehua H.S. Holiday Craft Fair — Get ready for the holiday season and check out the various craft booths, handmade items, delicious foods, yummy shave ice, plant sale, music, entertainment and door prizes. Call 585-1836.
The free admission, family event supports LHS Project Grad and school clubs
Hickam Free Screening — “The 33” shows at 4 p.m., Nov. 7, at Hickam Memorial Theater. Doors open at 2 p.m. Tickets available at Hickam Food court; call 422-4425.

worship Services

Additional religious services, children’s programs, educational services and contact information can be found at www.garrison.hawaii.army.mil. (Click on “Religious Support Office” under the “Directorates and Support Staff” menu.)

- AMR: Aliamanu Chapel
- FD: Fort DeRussy Chapel
- HMR: Helemano Chapel
- MPC: Main Post Chapel, Schofield Barracks
- PH: Aloha Jewish Chapel, Pearl Harbor
- SC: Soldiers’ Chapel, Schofield Barracks
- TAMC: Tripler Army Medical Center Chapel
- WAAF: Wheeler Army Airfield Chapel

Buddhist Services

- First Sunday, 1 p.m. at FD
- Fourth Sunday, 1 p.m. at MPC Annex

Catholic Mass

- Thursday, 9 a.m. at AMR
- Saturday, 5 p.m. at TAMC, WAAF
- Sunday services:
 - 8:30 a.m. at AMR
 - 10:30 a.m. at MPC Annex
 - 11 a.m. at TAMC
- Monday-Friday, 11:45 a.m. at Soldiers’ Chapel and 12 p.m., TAMC

Gospel Worship

- Sunday, noon. at MPC
- Sunday, 12:30 p.m. at AMR

Islamic Prayers and Study

- Friday, 1 p.m. at MPC Annex
- Friday, 2:30 p.m., TAMC
- Saturday and Sunday, 5:30 a.m.; 6, 7 and 8 p.m. at MPC Annex

Jewish Shabbat (Sabbath)

- Friday, 7:30 p.m. at PH

Pagan (Wicca)

- Friday, 7 p.m. at Wheeler Annex

Protestant Worship

- Sunday Services
 - 9 a.m. at MPC
 - 9 a.m., at FD, TAMC chapel
 - 10 a.m. at HMR
 - 10:30 a.m. at AMR
 - 11:30 a.m. at WAAF (Spanish language)
 - 11 a.m. at SC (Contemporary)

Liturgical (Lutheran/Anglican)

- Sunday, 10 a.m. at WAAF



Temporarily closed for maintenance

Schofield Barracks

Sgt. Smith Theater

remains closed for

Directorate of

Public Works

maintenance work.

A January 2016

reopening

date for movie

viewing

is tentatively

scheduled.

Call Schofield

Exchange at

237-4502/4572.



Calendar abbreviations

8th TSC: 8th Theater Sustainment Command
25th ID: 25th Infantry Division
ACS: Army Community Service
AFAP: Army Family Action Plan
AFTB: Army Family Team Building
AMR: Aliamanu Military Reservation

ASYMCA: Armed Services YMCA
BCT: Brigade Combat Team
BSB: Brigade Support Battalion
Co.: Company
CYSS: Child, Youth and School Services
EFMP: Exceptional Family Member Program
FMWR: Family and Morale, Welfare and

Recreation
FRG: Family Readiness Group
FS: Fort Shafter
HMR: Helemano Military Reservation
IPC: Island Palm Communities
PFC: Physical Fitness Center
SB: Schofield Barracks

SKIES: Schools of Knowledge, Inspiration, Exploration and Skills
TAMC: Tripler Army Medical Center
USAG-HI: U.S. Army Garrison-Hawaii
USARPAC: U.S. Army-Pacific
WAAF: Wheeler Army Airfield

SPOOKY FUN



Tonight

Nightmare at Dole Plantation 3 — Features two nightly attractions, 7-11 p.m., Friday and Saturday, at 64-1550 Kamehameha Hwy., Wahiawa. Not recommended for young children. Ages 13 and under must be accompanied by an adult. Visit dole-plantation.com.

Charity Haunted House — “Night Terrors,” 7-11 p.m., Oct. 30-31, at the Fleet Reserve Association on the corner of Valkenburgh and Nimitz. Games, activities, a keiki costume contest, along with prize drawings and food sales will also be featured. The C3 Car Club will be hosting a “Trunk or Treat” event from 7-10 p.m., Oct. 31. Visit www.fearbeyondhaunts.com. Proceeds benefit Operation Homefront.

Cosmic Bowling Bash — SB Bowling Center hosts a Halloween bash, 8-11 p.m.; includes DJ, music and prize giveaways.

31 / Saturday (Halloween)

Waialua Public Library — Pumpkin Tales offers Halloween stories of harvests and pumpkins with a puppet show, piñata and cupcake decorating, 10 a.m., for keiki who are encouraged to dress up as their favorite storybook characters. Call 637-8286.

Hickam Halloween Parade — The Exchange at Hickam Air Force Base is hosting a parade, trick or treating, costume contests, games and goodies, 11 a.m.-1 p.m. Bring a container to carry candy. Call 422-5395.

SB Exchange — The Exchange offers a Schofield Barracks Dual Food (Pop-eye’s/Burger King) Halloween Fair. Games and costume contest are 2:30-4:30 p.m.; includes scariest, creative and adorable, and gift card prize.

SB Main Store PX — Halloween parade throughout the store and trick or treating, 4-6 p.m.

Schofield Mall — Mall-o-Ween, 4-6 p.m., includes parade throughout the mall, trick or treating, costume contest for ages 1-4, 5-8, 9-13, plus Bingo and more.

Halloween at Mililani Shopping Center — Features a costume contest for both pets and kids of all ages, and trick or treating, 3-5 p.m. Call 722-6467.

Sea Life Park Halloween Festival — Families are invited to enjoy the Halloween Festival, 2-8:30 p.m., Oct. 31, with admission of \$10.31. Spend Halloween by trick-or-treating or enjoying a keiki costume contest, prizes, a thrilling dolphin show and

touch pool exhibit and a spooky movie, all against the stunning backdrop of the Makapuu coastline at Sea Life Park. Call 259-2500, or visit www.sealifeparkhaw.aii.com.

Hawaii Convention Center Halloween — “Sunset Mele on the Rooftop” takes on a Halloween twist complete with trick-or-treating, a costume contest, Hawaiian music entertainment and haunted house fun for the entire family, 5-9 p.m. The night concludes with a special screening of the feature film “Maleficent” in the HCC’s air-conditioned ballroom at 7 p.m.

Hallowbaloo Music & Arts Festival — Chinatown and the Hawaii State Art Museum lawn from 5:30-11 p.m., with two entertainment stages, food, beverages and vender tents. Entertainment includes Grammy award-winning and Rock & Roll Hall of Fame musician Booker T. Jones, along with local artists Taimane, Mike Love, Ron Artis II & Thundersstorm, and more.

For ages 21 and older; cost is \$5. Free trolley service from 8-11 p.m. from Alakea St. to Nuuanu Ave. Visit hallowbaloo.com.

Club Hallowbaloo — Features eight clubs, 9 p.m.-2 a.m., in the Chinatown Arts district, and features entry in all clubs with a single cover charge. For ages 21 and older. Visit hallowbaloo.eventbrite.com.



Courtesy photo

Young girls and members of the Girl Scouts join forces to plant trees in celebration of Arbor Day in the Porter Community on Schofield Barracks, last year.

USAG-HI, IPC celebrate Arbor Day with digs, Nov. 6

ISLAND PALM COMMUNITIES
News Release

SCHOFIELD BARRACKS — Tree plantings will take place across U.S. Army Garrison-Hawaii’s Oahu installations on Friday, Nov. 6, in observance of Arbor Day.

Join garrison representatives, Island Palm Communities, the 307th Expeditionary Signal Battalion, and members of the local Boy Scouts and Girl Scouts for the signing of the Arbor Day Proclamation, a presentation of the Tree City USA certificate and, of course, the planting of trees.

Observances will take place at the following sites and locations:

- Helemano Community, Ahuna Play-ground, 3 p.m.
- 1st Lt. Jonathan P. Brostrom Community Center, Fort Shafter, 3:30 p.m.
- Aliamanu Community Center, 4 p.m.
- Wheeler Community Center, 4 p.m.
- Kaena Community Center, Schofield Barracks, 4:30 p.m.

Arbor Day is a nationally celebrated observance that encourages tree planting and care.

It was estimated one million trees were planted on the first Arbor Day held in 1872.

In recognition of USAG-HI’s preservation efforts, all its Oahu installations have been designated a Tree City USA by the Arbor Day Foundation.

Halloween horror of dental trama details telltale tooth story

Oh, the nerve of that dreaded tooth!

I was certainly not mad. In fact, my awareness was so acute as to render me excruciatingly sane.

So listen carefully, ye with endodontic woes, and hear the ghoulish story on this All Hallows’ Eve.

An angry nerve, indeed. I cannot claim credit for the murderous idea. It was my dentist who suggested that I schedule a root canal.

A recent Wednesday, I arrived promptly at 9:30 a.m. in the endodontist’s waiting room. Like a snake charmer, his assistant led me down a narrow passage to an oxblood red vinyl chair in the surgical chamber, scattered with various metal instruments and machines.

Suddenly, the doctor appeared at my side like an apparition. Wearing an ominous surgical mask and cap, I could only see his vexing blue eyes, which is why I didn’t notice the tiny tire iron he was wielding in his latex-sheathed hand.

“Let’s confirm that tooth No. 3 is our culprit,” he said, before wrapping the metal instrument three times against my tender molar like he was chipping ice for his martini. The inflamed pulp shot searing daggers into my battered nerves.

“Unghhhh!” I groaned, giving him the confirmation he needed to begin the lethal proce-



dure.

The doctor administered the first shots of Novocain into my gums with such an angel’s touch that I was wholly unprepared for the poisoned pitchfork he would thrust mercilessly into the roof of my mouth.

While the injected anesthetic seeped into my cells, the assistant (Was her back slightly hunched?) scurried around the chamber, preparing me for the wretched task at hand. She lassoed tooth No. 3 with a “rubber dam” that covered the rest of my mouth like a miniature tarp. I feared I might suffocate if the rubber of the damned suctioned against my nervously heaving nostrils.

Finally, Assistant Hunchback jammed a doorstep between my back molars to make it impossible for me to scream. With tooth No. 3 sufficiently numbed, the doctor extended a monstrous mechanical arm from the wall, lowering the Hubble space telescope over my face. With his evil blue eye peering into the complex

series of magnifying lenses. I wondered if I’d be burned alive like a helpless insect on a sidewalk.

As much as it had abused me over the last several weeks, I was not entirely convinced that tooth No. 3 should be sentenced to death. It had served me faithfully since my youth – through braces, fillings, unpopped kernels, Sugar Daddies, pistachio shell, and night grinding.

Is it really necessary to strip the thing of its life-giving innards in such a barbaric way? My eyes darted from Assistant Hunchback to Doctor Evil Eye, trying – in vain – to communicate my reluctance.

But, alas, it was of no use. All I could do was lie back as they committed the dastardly deed, listening to the quickening flamenco melody oozing from the chamber’s sound system.

Assistant Hunchback passed Doctor Evil Eye a series of hideous instruments – probes, forceps, clamps, excavators. A switch was flipped, and through the whirl and grind of the drill, I could hear the frantic strumming of a rosewood guitar. A puff of putrid dust rose from my hollowed molar, exposing its inflamed pulp.

With the Hubble space telescope in my face, I could only smell the odor of household bleach and burnt flesh and see the glint of metal probes. The Andulasians stamped their feet

to the ricocheting guitar strings, while Doctor Evil Eye reamed bits of meat from the bloody canals.

Tooth No. 3 would not surrender easily. The clapping dancer whirled to a frenzied crescendo as the doctor made one last stabbing probe deep into the root.

“Ole!” spurted from the speakers just as the last nerve ending was plucked, and the deed was done. Nevermore will I open a bottle with my molars.

(Currently stationed in Newport, Rhode Island, Molinari is a 21-year military spouse and mother of three, whose award-winning columns appear in military and civilian newspapers nationwide, and on her blog, themeatandpotatoesoflife.com. Follow Molinari on Facebook and @MolinariWrites.)




'Tis the time for a scary tooth extraction.



TAMC TIP

Breast Cancer Awareness



October is National Breast Cancer Awareness Month.

Breast cancer is the second most common type of cancer in women.

According to the Centers for Disease Control and Prevention (CDC), every year more than 200,000 women are diagnosed with breast cancer and more than 40,000 women die from the disease.

Although women 50 and older are affected the most, in the U.S., women younger than 45 years old accounted for approximately 11 percent of newly diagnosed breast cancer.

A mammogram, the screening test for breast cancer, can help find breast cancer early when it’s easier to treat.

Make a difference and raise awareness about the importance of early detection of breast cancer. Spread the word about mammograms and encourage communities, organizations, families and individuals to get involved.

If breast or ovarian cancer runs in your family, or if you want to learn more about mammograms, talk with your doctor.

Early breast cancer detection urged

RICHARD J. CURLEY
Army Public Health Center (Provisional)

In recent years, medical advances in both early detection and treatment have helped millions of women survive breast cancer.

This year, 230,000 women will be diagnosed with breast cancer, and currently more than 2.8 million breast cancer survivors are living in the U.S.

However, breast cancer continues to be the most commonly diagnosed cancer among women worldwide and the second leading cause of death among women in the U.S.

What is breast cancer? Breast cancer is a disease that causes normal cells in the breast to change and grow out of control. Abnormal cells group together, also known as malignant tumors, destroy body tissue that may spread through the body.

According to the American Cancer Society, about 1 in 8 women in the U.S. will develop invasive breast cancer during their lifetime. A woman’s risk increases with age; thus, it is important to detect breast cancer early through screening.

Why is early detection important? The chances of survival are much higher if the cancer is detected in the early stages. According to the National Breast Cancer Foundation, when breast cancer is found early before spreading through the body, the five-year survival rate is 98 percent.

The U.S. Centers for Disease Control and Prevention recommends breast cancer screening tests for early detection. This means checking a woman’s breasts for cancer before there are signs or symptoms of the disease. Talk with your doctor about which tests are right for you, and when you should have them.

Mammograms. To increase the chances of early detection, the CDC recommends that women 50-74 years of age get a screening mammogram every two years. Women 40-49 years should discuss with their medical providers about when they should start getting mammograms.

A mammogram is an X-ray of the breast. Mammograms are

the best way to find breast cancer early, when it is easier to treat and before it is big enough to feel or cause symptoms.

Clinical breast exam. All women should receive a clinical breast exam during their annual physical. A clinical breast exam is an examination by a doctor or nurse who uses his or her hands to feel for lumps or other changes.

Breast self-exams. Women can also aid in early detection by examining their own breasts. Breast self-exams involve looking at and feeling with your fingers to check for lumps.

Adult women of all ages are encouraged to perform a breast self-exam at least once a month. It is important that women know what is normal for the shape, look and feel of their breasts, so that they are able to recognize any changes in the appearance of the nipple or breast that are different from normal. If there are any signs or symptoms, a health care provider should check them out immediately.


Symptoms to look for include these:


- Lump in the breast.
- Thickening of the breast skin.
- Rash or redness of the breast.
- Breast swelling.
- New onset of breast pain.
- Dimpling around the nipple or on the breast skin.
- Nipple pain or the nipple turning inward.
- Nipple discharge.
- Lumps in the underarm area.

Changes in your breast do not always mean that you have breast cancer. In fact, 80 percent of breast lumps are found to be non-cancerous. Only an experienced health care provider can tell you what other tests should be performed to determine if you have breast cancer.

Remember to be proactive about your health. Having healthy behaviors coupled with appropriate medical screening is a primary method of preventing breast cancer. To reduce your risk, keep a healthy weight, exercise regularly, get enough sleep and limit alcohol intake to one a day.

POSTER CONTEST





‘Cacti’s’ Kaufman completes Ironman competition



Capt. Travis Kaufman, a physician assistant assigned to 2-35th Inf. Regt., 3rd BCT, 25th ID, completes the Ironman competition at Kailua Kona, Oct. 10.

3RD BRIGADE COMBAT TEAM
25th Infantry Division

KAILUA KONA, Hawaii — Not every Soldier can consider oneself an Ironman athlete, as did Capt. Travis Kaufman, a physician assistant assigned to 2nd Battalion, 35th Infantry Regiment, 3rd Brigade Combat Team, 25th Inf. Division, here, Oct. 10.

Kaufman participated in the annual Ironman World Championship, which consists of a 2.4-mile open ocean swim, a grueling 112-mile bike course and a 26.2-mile marathon run to be completed in a single day.

Staying calm
Thousands of contestants crowded the beach as Kaufman prepared to start off the first event.

“When the gun went off, I stayed calm and got into a good rhythm on the swim out to sea with 1,000 other competitors,” he said. “Before I knew it, I was at the turn around and caught an elbow to the eye. It had to happen at least once, but didn’t shake me. I kept a good rhythm on the way back to the swim finish and could hear the noise of the crowd coming from the pier.”

After struggling ashore on the sandy beach, he was off to the next race.

“In transition, I was a little dizzy as I threw on my cycling gear and unracked my bike,” he said. “It was amazing to have so many people cheering as I raced to get on my bike. The heat was intense for the first 50 miles of the bike ride.”

He remained undaunted as the weather battled him during the cycling portion of the competition.

“It started raining about five miles from the turn around with

strong winds, thunder and lightning,” he said. “On the way back to Kona from the bike turn around, the rain pelted me in the face and the roads were slippery. Once the rain stopped the heat cranked back up. A punishing head wind started just after passing the airport into Kona. Those last 25 miles were agonizingly tough, but I was focused on my goal.”

He transitioned from cycling to the marathon; he was able to settle into a steady run.

“The cheering crowd gave me a huge boost of energy as I ran out of the bike to run transition,” he said. “My legs felt great. I gave a few shakas and smiled, keeping my pace steady at an airborne shuffle. The run was hilly with intense heat going through the lava fields. When I made that last turn onto Ali’i Drive, I saw all the people lining the street cheering my name.”

As he neared the end of the run, he found numerous people celebrating his approach to the finish line.

“I gave every person I could a high five on the way through the finishing chute, stopped at the finish line and raised my arms in victory,” he said. “It felt amazing to cross that finish line and hear Travis Kaufman you are an Ironman.”

His family and children embraced him after finishing the grueling race, becoming the proudest moment for him, he stated.

“It was a tough day,” he said. “I fought through adversity and finished with a smile. It has been my dream for seven years. As I reflect back on the day, I realize it wasn’t just about that one day. It was about my journey getting to the race and the impact it had on my family, friends and Soldiers around me.”

(Note: Capt. Travis Kaufman, physician assistant, 2-35th Inf. Regt., 3rd BCT, contributed to this article.)



Photos courtesy of FinisherPix.com

Kaufman competes in the cycling event during the Ironman competition at Kailua Kona, Hawaii, Oct. 10. The Ironman competition consists of a 2.4-mile open ocean swim, a grueling 112-mile bike course, and a 26.2-mile marathon run to be completed in a single day.